

Apple and Carrot Muffins

Yield: 12 muffins
Serving size: 1 muffin



Nutrition Facts	
Serving size	1 muffin (116g)
Amount Per Serving	
Calories	210
% Daily Value*	
Total Fat 7g	9%
Saturated Fat 0.5g	3%
Trans Fat 0g	
Cholesterol 35mg	12%
Sodium 230mg	10%
Total Carbohydrate 34g	12%
Dietary Fiber 3g	11%
Total Sugars 16g	
Includes 9g Added Sugars	18%
Protein 4g	8%
Vitamin D 0mcg	0%
Calcium 26mg	2%
Iron 1.08mg	6%
Potassium 282mg	6%

*The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

Freezes well—Muffins can be stored in the freezer for up to 3 months. Place muffins in a freezer safe container and place in freezer. To thaw, place one muffin on a microwave-safe plate and heat for 1 minute or until muffin is warmed.

Replacing some of the oil in a recipe with mashed bananas will reduce the amount of fat and calories in the muffins. Adding chopped apples and shredded carrots to the muffin batter adds texture and additional nutrients. Whole wheat flour contributes to your whole grain requirement for the day.

INGREDIENTS

Cooking spray
 Muffin tin liners
 1 cup white whole wheat flour
 ¾ cup all purpose flour
 1 teaspoon baking soda
 ½ teaspoon baking powder
 ½ teaspoon Kosher salt
 1½ teaspoons ground cinnamon
 2 large eggs
 1/3 cup canola oil
 1 teaspoon vanilla extract
 ¼ cup skim milk
 ½ cup firmly packed, light brown sugar
 2 large bananas, very ripe, mashed
 1¼ cup carrots, peeled and grated (about 3 medium carrots)
 2 apples, cored and cut into medium or small dice

DIRECTIONS

1. Preheat oven to 375°.
2. Place 12 muffin liners in a muffin tin and spray with cooking spray.
3. In a medium bowl, sift the white whole wheat flour, all-purpose flour, baking soda, baking powder, salt, and cinnamon.
4. Crack eggs into a large bowl. Whisk.
5. Add oil, vanilla, milk and brown sugar to egg mixture. Stir well.
6. Stir bananas into egg mixture.
7. Add the flour mixture into the egg mixture. Stir to combine.
8. Add in the carrots and apples. Stir to combine.
9. Divide mixture evenly among the 12 muffin liners. The mixture will be mounded and fill the muffin liner.
10. Bake for 22 minutes or until muffins spring back in the center when lightly touched.

